

Child Support Enforcement

The Child Support Enforcement Program helps obtain payments from an absent parent who is not paying for the support of a child. Services include establishing legal parenthood, locating absent parents, getting support orders from the court and collecting child support payments.

For more information: call 800.231.4255 or log on to www.nd.gov/dhs/services/childsupport.

Quitline/QuitNet

If you're ready to quit smoking or just thinking about it, call the Quitline or go online to the QuitNet for self-help materials, a referral list of other programs and one-on-one counseling over the phone.

Quitline: 800.QUIT.NOW (800.784.8669) or QuitNet: www.nd.quitnet.com



Family Planning

The Family Planning Program provides services such as breast and cervical cancer screening, sexually transmitted disease screening, pregnancy testing, preconception counseling and contraceptive services. Clients are charged for services according to their household income and family size.

For more information: call 800.472.2286 or log on to www.ndhealth.gov/family-planning.

Car Seats

If you are looking for information about car seats and other child passenger safety issues, contact the ND Child Passenger Safety Program at 800.472.2286 or log on to www.ndhealth.gov/injuryprevention/childpassenger.

Domestic Abuse/Violence

Domestic abuse/violence is a major problem throughout the United States. It most often refers to intimate partner violence. It includes abuse/violence between spouses, individuals in dating relationships and former partners or spouses, and can occur inside or outside the home.

For more information: call 800.799.7233 (national hotline) or log on to www.ndcaws.org.

Community Action

Seven Community Action agencies in North Dakota provide programs and services that empower low-income individuals and families to become self sufficient. Programs and services include child care, Head Start, food pantries, financial and legal services, etc.

For more information: ask your WIC staff about your local Community Action agency or log on to www.capnd.org.

Human Service Centers

The North Dakota Department of Human Services operates eight regional human service centers. Each serves a designated multi-county area, providing counseling and mental health services, substance abuse treatment, disability services and other human services.

For more information: call 800.472.2622 or log on to www.nd.gov/dhs/locations/regionalhsc.

WIC is an equal opportunity provider.

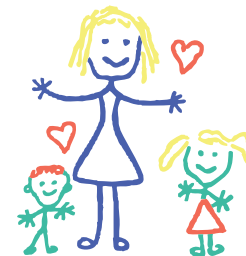
800.472.2286
www.ndhealth.gov/wic

Community Services



NORTH DAKOTA WIC PROGRAM

WIC Because You Care



NORTH DAKOTA
DEPARTMENT of HEALTH



Medical Assistance (Medicaid)

Medical Assistance helps pay for some medical services, depending on the family's income and resources. You must use a doctor, clinic, hospital, public health unit or pharmacy that accepts Medical Assistance payments. Just like insurance, Medical Assistance pays the clinic or hospital directly. Medical Assistance can be used to supplement current insurance. People younger than 21 who qualify for Medical Assistance may be eligible to get a free health and developmental check-up from Health Tracks.

For more information: call 800.755.2604 or log on to www.nd.gov/dhs/services/medicalserv/medicaid.

Healthy Steps

Healthy Steps (Children's Health Insurance Program) is an insurance program for uninsured children who live in families with low incomes but who are not eligible for Medical Assistance.

For more information: call 877.543.7669 or log on to www.nd.gov/dhs/services/medicalserv/chip.

Caring for Children

Caring for Children is for children who do not have health insurance coverage and do not qualify for Medical Assistance or Healthy Steps. It provides health, dental and mental health care services to meet the typical needs of children.

For more information: call 800.342.4718 or log on to www.ndcaring.org.

Right Track Program

The Right Track Program is a free program for all North Dakota children birth to three years of age. Right Track consultants provide developmental screenings, ideas on stimulating your child's development and referrals to other programs.

For more information: call 800.755.8529 or log on to www.nd.gov/dhs/services/disabilities/earlyintervention/parent-info/right-track.html.

Housing Assistance

The North Dakota Housing Finance Agency administers three rental assistance programs. Each program helps to provide affordable housing for low-income or disabled families.

For more information: call 800.292.8621 or log on to www.ndhfa.org.

Child Care Assistance

The Child Care Assistance Program helps eligible low-income families pay for child care expenses.

For more information: call 800.755.2716 or log on to www.nd.gov/dhs/services/financialhelp/childcare.html.

Energy Assistance Program

The Low Income Home Energy Assistance Program provides home energy assistance to eligible low-income households.

For more information: call 800.755.2716 or log on to www.nd.gov/dhs/services/financialhelp/energyassistfaq.html.

TANF

Temporary Assistance for Needy Families (TANF) is a monthly cash assistance program for families with low incomes and children younger than 18 or pregnant women with low incomes. This program provides temporary cash assistance and has work requirements.

For more information: call 800.755.2716 or log on to www.nd.gov/dhs/services/financialhelp/tanfjobs.html.

SNAP (Food Stamps)

SNAP provides food assistance to families within certain income limits. The program helps you stretch your family's food dollars. You use a ND EBT card to buy food in your local grocery store.

For more information: call 800.755.2176 or log on to www.nd.gov/dhs/services/financialhelp/foodstamps.html.

Immunizations

Immunizations help protect your child from serious and sometimes deadly diseases. Make sure your child gets the right immunizations when he or she needs them. Immunizations are available through your health-care provider or your local public health department.

For more information: call 800.472.2180 or log on to www.ndhealth.gov/immunize.